bath house
your journey to social relaxation starts here

Bathe, relax and dine at our coastal oasis of health and wellbeing on the Mornington Peninsula.

Peninsula Hot Springs is a natural thermal mineral springs and day spa facility, less than 90 minutes drive south of Melbourne.

Discover the many hot spring pools and geothermal bathing experiences nestled harmoniously in the natural landscape.

our water

Drawing on the wisdom of many cultures, water has long been harnessed to encourage physical and emotional wellbeing.

High in mineral content, our water is naturally heated by the earth’s core and is estimated to be over 10,000 years old. Peninsula Hot Springs is a filtration hot spring with waters rising 637 metres from below the earth’s surface.

Magnesium, boron, potassium and sodium naturally occur in our geothermal waters. Experience the healing benefits of these minerals including stress and blood pressure reduction, detoxification, rehabilitation of muscles and joints and sleep improvement.
spa dreaming centre

Retreat into our tranquil Spa Dreaming Centre, designed for guests ages 16 years and over. Bath House bathing and towel, robe and locker hire is included for all Spa Dreaming Centre guests.

The Spa Dreaming Centre is a blissful escape with an emphasis on peaceful spaces. Explore a variety of bathing experiences including thermal mineral pools and showers, cold plunge pool, traditional and infrared saunas, Moroccan Hammam, Zen Chi massagers, hanging tree pods and poolside lounges.

spa dreaming centre bathing

<table>
<thead>
<tr>
<th>Bathing</th>
<th>Off-peak Mon–Thurs outside of holiday periods</th>
<th>Peak Fri–Sun and holiday periods</th>
<th>Earlybird Mon–Thurs before 9am outside of holiday periods</th>
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</thead>
<tbody>
<tr>
<td>Adult (16+ years)</td>
<td>from $45</td>
<td>from $55</td>
<td>from $35</td>
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<tr>
<td>Child (5–15 years)</td>
<td>from $25</td>
<td>from $35</td>
<td>from $25</td>
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<tr>
<td>Child (3–4 years)</td>
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<td>from $10</td>
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<tr>
<td>Infant (0–2 years)</td>
<td>Free</td>
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<tr>
<td>Concession</td>
<td>from $40</td>
<td>from $45</td>
<td>from $25</td>
</tr>
<tr>
<td>Seniors</td>
<td>from $40</td>
<td>from $45</td>
<td>from $20</td>
</tr>
</tbody>
</table>

Towel, robe and locker hire

Available for guests aged 16 years and over

Enhance your bathing experience and choose from our range of indulgent spa and dining packages to surrender your body to complete relaxation.

For more information, visit peninsulahot springs.com/termsandconditions

bath house

The Bath House is a social bathing experience, open to all ages and is perfect for groups, friends and extended families alike.

Explore over 50 globally inspired bathing experiences including geothermal mineral pools, cold plunge pools, saunas, a Turkish hamam, a reflexology walk and our iconic Hilltop Pool showcasing a stunning 360-degree view of the region. Discover our new Amphitheatre space which holds seven geothermal pools, an ice cave and deep freeze chamber, two saunas, an open air stage, café and wellness centre.

bath house bathing

Available for guests aged 16 years and over

Towel, robe and locker hire

Insider’s tip – plan ahead to relax and save

Relaxation starts as soon as you book your visit. To make your experience as smooth as possible, book at least a day in advance to secure your preferred booking and save. Spaces are limited.

For more information, visit peninsulahot springs.com/faq/
dining

Enjoy a dining experience like no other to nourish your appetite and replenish your body. Relax in your robe and take a break to enjoy breakfast, lunch, dinner or a light snack.

We regularly source seasonal vegetables and herbs from our very own food bowl, adding the ingredients to the delicious dishes created for you to enjoy.

bath house café

Our outdoor Bath House café serves a selection of light meals, refreshing drinks and freshly ground coffee for you to enjoy.

amphitheatre café

Feed your soul with a selection of globally inspired, healthy dishes, juices, smoothies or coffee in our new café.

picnic gardens

Feast on your own picnic in our Bath House and Amphitheatre picnic gardens with tables and plenty of lawn space in a picturesque native setting.

Visit peninsulahotsprings.com/dining for opening times and more information

bath house dine and bathe* $60 per person

Breakfast – choose a breakfast menu item and non-alcoholic beverage, from 8 until 10:30am.

Pizza – choose a pizza from our delicious menu, from 11am until 6pm.

Graze – enjoy our a grazing platter with soft and hard cheeses, local olives, dips, grilled pita and lavosh, from 2 until 5pm.

Bath House bathing

Available Monday–Thursday outside of school and public holidays

activities and retreats

Discover our unique activity program to combine our healing waters with a range of movement and mindfulness practices to create the ultimate wellbeing experience.

fire, ice and bathe

Be guided through an invigorating journey of our saunas, Ice Cave and subzero deep freeze chamber, hot springs and cold plunge pools.

body clay and bathe

Experience the playfulness and healing powers of body clay with this unique guided ritual that’s perfect for all ages.

pilates and bathe

Enhance your strength and mobility to become a master of your own body in our dynamic mat Pilates classes.

yoga and bathe

Move through a mindful, physical practice and discover breathing techniques and simple meditations to calm and steady the mind.

wellness activity and bathe $75 per person

Your chosen wellness activity

Bath House bathing

Allow 3 hours, available weekends, recommended for guests aged 16 years and over

adventure day retreat and bathe $150 per person

Body Clay workshop

Fire and Ice workshop

Lunch and juice

Towel, robe and locker hire

Peninsula Hot Springs water bottle

Allow 5 hours, available Saturdays and Sundays at 11:30am, recommended for guests aged 16 years and over

Visit peninsulahotsprings.com/wellness for program and more information
stay at the springs

We are pleased to announce that soon you will be able to stay with us and continue your wellness journey into the night. Designed for pure relaxation and inspired by nature, we have various accommodation options on the horizon. The first opportunity to stay overnight at the springs will be coming this summer.

Imagine soaking in our geothermal mineral springs, enjoying a nourishing meal and an indulgent spa treatment before strolling to your home for the night. You snuggle underneath a warm doona while you listen to the sounds of the natural environment around you and drift off to sleep. In the morning you will hear nature come alive while you venture up to our iconic hilltop pool to watch the sun rise over the region.

Our accommodation will offer a unique experience with the humble luxury of Peninsula Hot Springs, featuring bespoke furniture, custom elements which reflect our environment including locally sourced timber, natural stone bench tops and our geothermal water will be used in a hydronic heating system throughout the concrete flooring.

Visit peninsulahot springs.com/stayatthesprings for more information and to sign up to hear about the launch of our first onsite accommodation offering.

what’s on

We have an exciting calendar of events and activities that facilitate wellness, inspire engagement with nature and foster greater connection between us.

Immerse yourself in the sounds of live music, cultural performances, soundscapes and movies featured throughout the year.

For a complete list of events and further information, please visit peninsulahot springs.com/whatson

sunday sessions at the springs
Sundays from 2pm to 5pm
Bathe and unwind in our thermal mineral waters then head to our Bath House café for soothing Sunday afternoon tunes. Relax with a bite to eat and a refreshing beverage, whilst soaking up the sounds from amazing local musicians. Complimentary with Bath House bathing.

vika and linda bull
Saturday, 26 October 2019 from 8pm
Be immersed in the soulful sounds of Vika and Linda whilst soaking in our geothermal mineral pools or relaxing on the grassed terraces around our unique Bath House Amphitheatre. Three ticketing options available, prices start from $75.

insider’s tip - enjoy a cheeky wine or beer

Did you know that our Bath House café is now fully licensed and offers a selection of local wine and beer. Sit back and take in our Sunday Sessions whilst enjoying a cheeky drink and cheese board or dips platter; its the perfect way to close out the weekend.
where to find us

our details

Opening hours: 7am–10pm, 7 days a week
info@peninsulahotsprings.com
03 5950 8777
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Victoria 3939 Australia
www.peninsulahotsprings.com

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